

Cooking It Up with Military Teens

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Prairies Youth Center at Wright-Patterson Air Force Base (WPAFB)

A center offering a variety of learning opportunities to teen/preteen youth of military families in Greene and Montgomery counties.



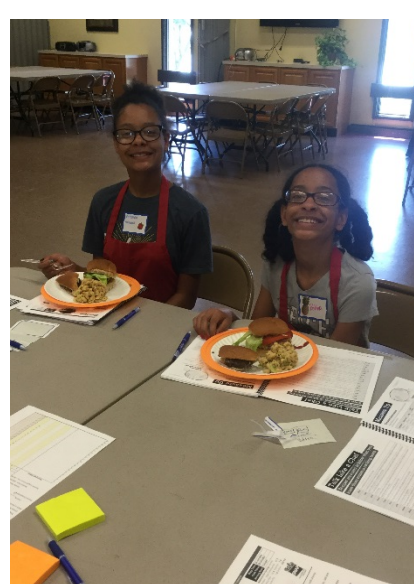
Collaborations:

Prairies Youth Center at WPAFB in collaboration with Ohio State University Extension, Greene County 4-H and SNAP-Ed programs conducted Share Our Strength® Cooking Matters program with the teen/preteens. Funding was provided by the United Services Organization® (USO) and the 4-H Military Partnership grant.



Objectives:

1. To help teens gain knowledge in the kitchen by teaching safe kitchen practices
2. Expand teens knowledge of MyPlate and healthy eating choices.



Teens working together to cook healthy meals.



PROCESS OF ORGANIZING A SERIES

Planning meeting and training staff.



Recruit 4-H teens to participate.

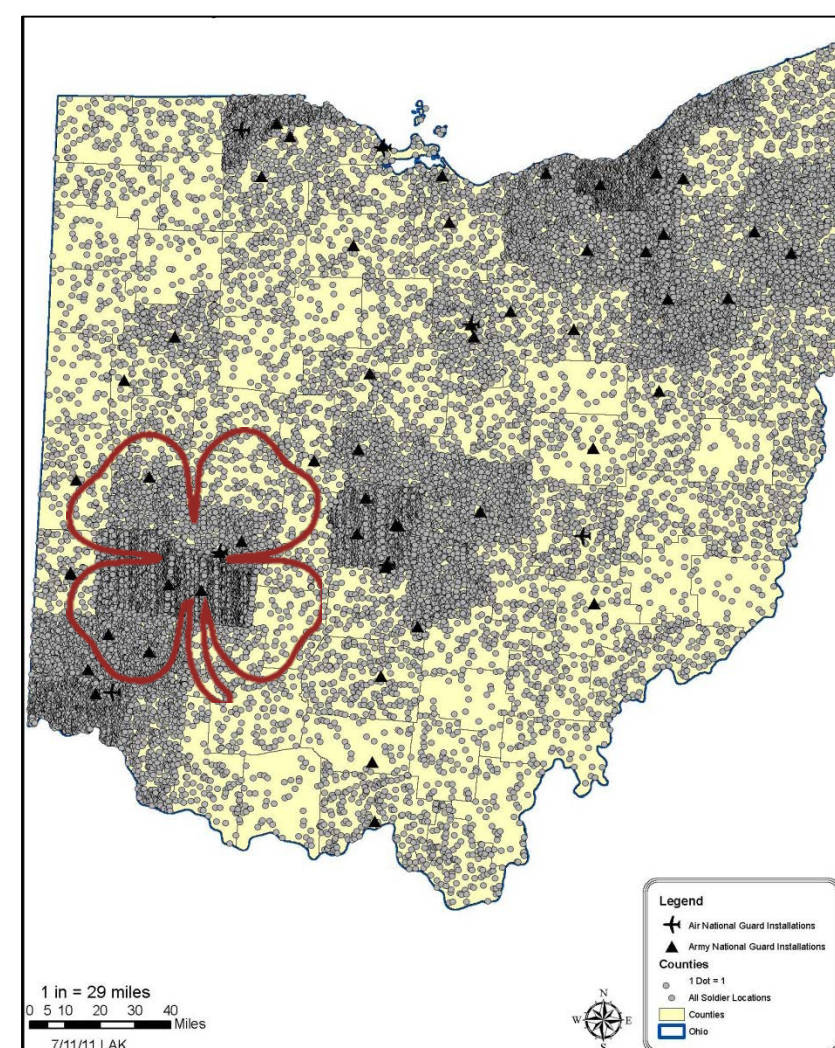


Prepare each lesson and materials.



Conduct two, five week series with 4-H teens.

Where do the military youth in Ohio live?



Map showing all military youth in the state of Ohio. Inside the 4 leaf clover includes the area where WPAFB serves.

FOCUS

The program meets the teens where they are to help build their basic cooking skills. Over the course of the five weeks the teens build on the skills they have learned and create healthy meals using healthy ingredients. The teens are expected to attend as many lessons as possible to graduate. Each week they are also sent home with challenges to get their family involved. At the end of the series they are given incentives that will help them maintain the skills they learned during the series.

Cooking Matters fulfilled several mandates. With the Teen Center at WPAFB being affiliated with 4-H, they must meet the 4-H mandates, one being healthy living. The United States Air Force also has a core focus area of health.



Teens practicing the skills they have learned while preparing food.



RESULTS

The SNAP-Ed staff offered two, five week series at WPAFB. Between the two series, there were a total of twenty five participants.

"My sister participated in the first series. After hearing all about it, I wanted to come to the second series."
Teen Participant

"Watching how excited the teens got during and after the lessons, I look forward to continuing the partnership next year."
Teen Center Director

CONCLUSIONS

Cooking Matters strives to help families, adults and teens broaden their nutrition, food shopping and kitchen skills by hands on learning. With this partnership we have been able to help improve the nutrition education and cooking skills of many teens. These teens are helping make food decisions when parents are deployed.

ACKNOWLEDGEMENTS

This was put on by a unique partnership between OSU Extension Greene County, SNAP-Ed, 4-H Youth Development, USO, Wright-Patterson Air Force Base, 4-H Military Partnership Grant, Cooking Matters, and FCS.

BIBLIOGRAPHY

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- 2 Share Our Strength's. (2013). *Cooking Matters for Teens Instructor Guide*.



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